

# Accelerometer-measured Physical Activity at Work and Need for Recovery: A compositional analysis of cross-sectional data

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## Appendix 2 – One-to-One Analyses

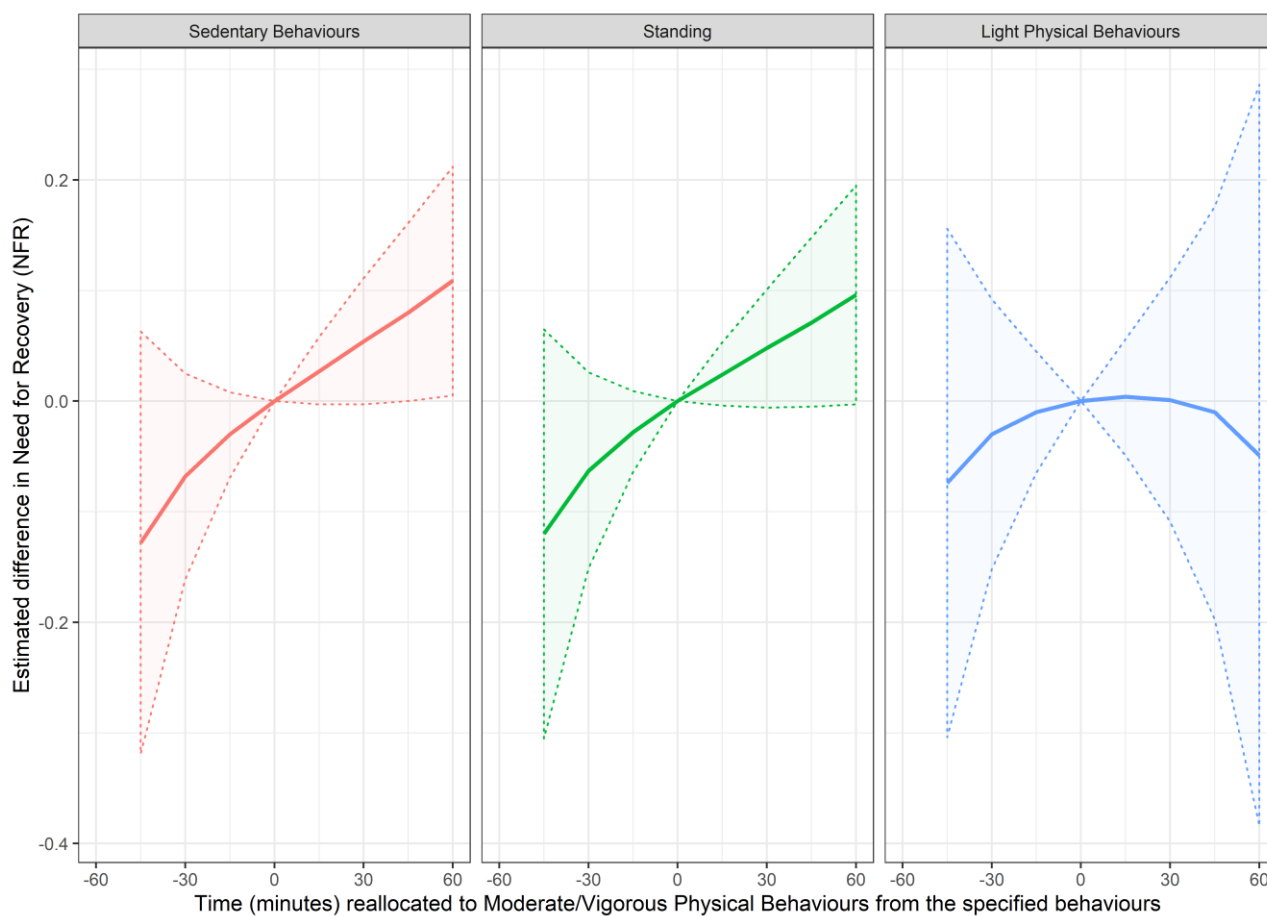
**Table 1. Estimated difference in Need for Recovery (NFR) among Danish workers from cleaning, manufacturing and transportation sectors when reallocating 30 minutes from Moderate/Vigorous Movement Behaviours to the specified behaviour during working hours**

	Estimated change in NFR [95%CI]	
	Unadjusted Model (n=840)	Adjusted Model <sup>a</sup> (n=747)
<b>Sedentary Behaviours</b>	-0.068 [-0.161; 0.025]	-0.058 [-0.158; 0.042]
<b>Standing</b>	-0.063 [-0.151; 0.026]	-0.046 [-0.146; 0.055]
<b>Light Movement Behaviours</b>	-0.030 [-0.152; 0.092]	-0.044 [-0.175; 0.087]
NFR was measured on a 5 point Likert scale, positive values indicate increased NFR <sup>a</sup> adjusted for age, sex, sector/occupation and shift-work		

**Table 2. Estimated difference in Need for Recovery (NFR) among Danish workers from cleaning, manufacturing and transportation sectors when reallocating 30 minutes from Moderate/Vigorous Movement Behaviours to the specified behaviour during working hours – stratified by age**

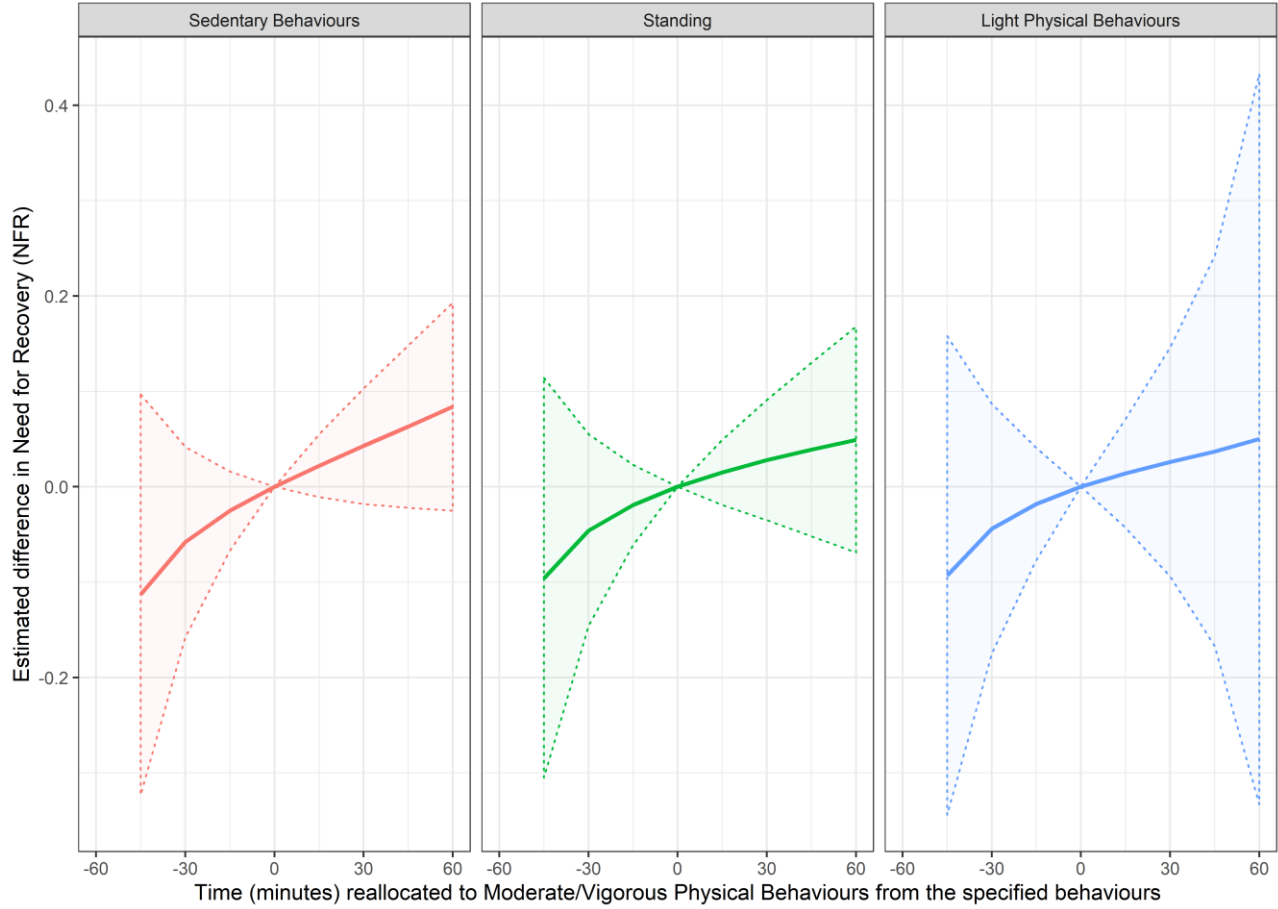
Age Group (years)	Estimated change in NFR [95%CI]		
	≤40 (n=231)	41 to 50 (n=273)	≥51 (n=243)
<b>Sedentary Behaviours</b>	-0.136 [-0.328; 0.056]	-0.075 [-0.230; 0.080]	0.016 [-0.169; 0.202]
<b>Standing</b>	-0.079 [-0.271; 0.112]	-0.104 [-0.257; 0.048]	0.039 [-0.150; 0.227]
<b>Light Movement Behaviours</b>	-0.202 [-0.461; 0.058]	-0.069 [-0.278; 0.140]	0.075 [-0.157; 0.307]
NFR was measured on a 5 point Likert scale, positive values indicate increased NFR			

**Figure 1. Estimated difference ( $\pm 95\%$ CI) in Need for Recovery (measured on a 5 point Likert scale) when reallocating time to Moderate/ Vigorous Physical Behaviours from the specified behaviours – unadjusted analysis**



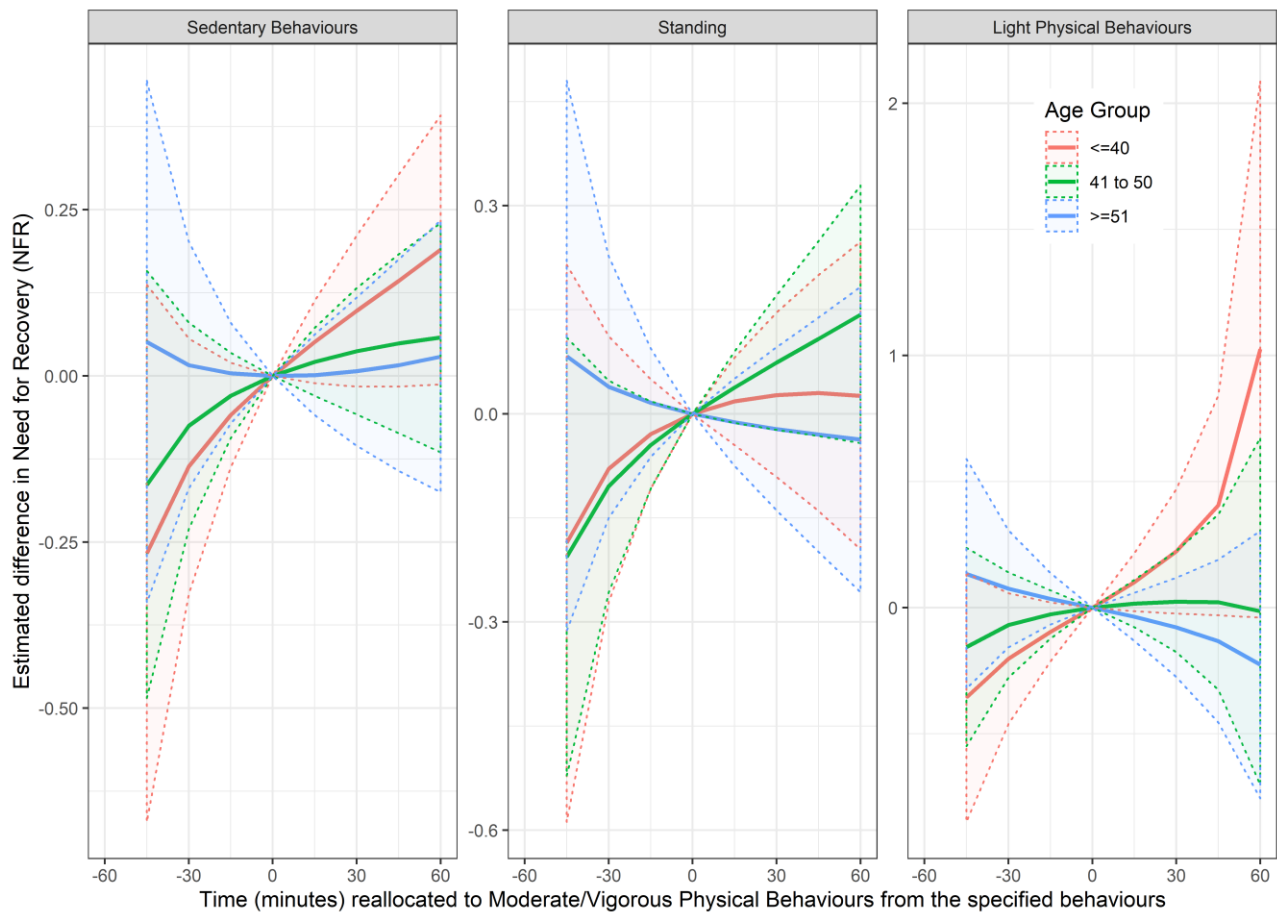
For an explanation of this style of graph, please refer to Dumuid et al., 2018

**Figure2. Estimated difference ( $\pm 95\%$ CI) in Need for Recovery (measured on a 5 point Likert scale) when reallocating time to Moderate/ Vigorous Physical Behaviours from the specified behaviours – adjusted analysis**



For an explanation of this style of graph, please refer to Dumuid et al. (2018)

**Figure 3. Estimated difference ( $\pm 95\%$ CI) in Need for Recovery (measured on a 5 point Likert scale) when reallocating time to Moderate/Vigorous Physical Behaviours from all other behaviours – stratified by age**



For an explanation of this style of graph, please refer to Dumuid et al. (2018)

## Reference

Dumuid D, Stanford, TE, Martin-Fernández J-A, Pedišić Ž, Maher CA, Lewis LK, Hron K, Katzmarzyk, PT, Chaput J-P, Fogelholm M, Hu G, Lambert EV, Maia J, Sarmiento OL, Standage M, Barreira TV, Broyles ST, Tudor-Locke C, Tremblay MS, Olds T. (2018) Compositional data analysis for physical activity, sedentary time and sleep research. *Stat Methods Med Res*; 27:3726–38.